Strawberry Banana Pudding Cake

Strawberry banana cake is a summer favorite. There is a different texture and taste, almost closer to banana pudding with strawberries sprinkled in. I started making these mixtures when gluten free banana pudding cookies disappeared from store shelves. I have since found a recipe for making my own banana pudding cookies. That just adds an extra day to the process of making the banana pudding, so I am more likely to just make a banana pudding cake. Other berries, such as blueberries and blackberries, can be used in place of strawberries. A taste of spring is never far away.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Bananas (fructose)
- Blackberries (diverticulitis, fructose)
- Blueberries (diverticulitis, fructose)
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Strawberries (diverticulitis, fructose)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)

Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serving portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cake mix (gluten free)
Verify ingredients:
1/2 cup of butter (1 stick)
3 eggs
2/3 cup of milk (lactose free)
Almond, or
Soy
1 dry pudding mix (vanilla)
1 tablespoon of sugar
2 tablespoons vanilla (gluten free)
2 cups of sliced bananas (fresh or frozen)
2 batches of cook pudding mix
Dash of salt
2 cups of sliced strawberries (fresh or frozen)
Optional:
2 cups of blueberries (replacement for strawberries or bananas)
2 cups of blackberries (replacement for strawberries or bananas)
Whipped topping

Preparation time: 15 minutes

Preparation:

Part 1:

1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1/2 cup butter
   - 3 eggs
   - 2/3 cup of milk
   - 2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Pour into greased pan.
6. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
7. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.

Part 2: (may be performed by a second person).

1. Wash and slice 2 cups of strawberries.
   Optionally:
   2 cups of blackberries, or
   2 cups of blueberries
2. Slice bananas.
3. Break up cake into bite sized pieces in an aluminum foil, or glass pan.
   Important: Cooked pudding may melt plastic.
4. Sprinkle onto cake:
   2 cups of sliced bananas
   2 cups of sliced strawberries
   Optionally:
   2 cups of blackberries, or
   2 cups of blueberries

Optional:
If using other berries in addition to, placing in a glass salad bowl will make a colorful display of a delicious dessert.

Part 3:

1. Follow cooked pudding recipe.
2. Pour hot cooked pudding over top of cake and strawberries.
3. Allow to cool.
4. Add whipped topping, if desired.
   May be added to individual servings only, if desired.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Glass or aluminum pan

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.